



U.S. ENVIRONMENTAL PROTECTION AGENCY
1997 SUPPLEMENTARY
FISH CONSUMPTION ADVISORY
FOR MICHIGAN'S GREAT LAKES WATERS



The United States Environmental Protection Agency (USEPA) recommends that people limit their consumption of certain Great Lakes fish as indicated on the chart inside. This information supplements the information provided by the Michigan Department of Community Health in the 1997 Michigan Fish Advisory. It is important that this supplementary information be used together with Michigan's 1997 Fish Advisory. Be sure to also follow the trimming and cooking instructions provided in Michigan's Fish Advisory.

Scientists at USEPA and the Agency For Toxic Substances and Disease Registry (ATSDR) of the U.S. Public Health Service have reviewed the scientific evidence available and believe that people should limit their consumption of certain Great Lakes fish, particularly women of childbearing age and children. Eating these fish in greater amounts than indicated poses an increased risk for cancer and other health effects, including learning and other neurological problems in children. In 1993, thirty scientists from the eight Great Lakes also reached these health conclusions and recommended a new fish advisory system. Seven Great Lakes states now use this recommended system or one equally or more protective.

USEPA and ATSDR agree that fish provide a diet high in protein and low in saturated fats, and that eating fish may be helpful in preventing heart disease. Unfortunately, fish can accumulate contaminants from the water they live in and the food they eat. These contaminants can harm people who eat moderate to large quantities of these fish, particularly women of childbearing age and children. This information is not intended to discourage you from eating all Great Lakes fish, or from fishing, but as a guide to eating fish low in contaminants.







ADVISORY INFORMATION

Women of childbearing age and children should be careful to space their fish meals. For example, if you eat a fish from the "One Meal a Month" group, wait a month before eating another meal of fish from ANY restricted category. Spacing helps prevent contaminants from building up to unhealthful levels in the body.

For women beyond childbearing years and men, concern is the total number of meals you eat during the year, and many of these can be eaten during a few months. For example, if most of the fish you eat are from the "One Meal per Week Category" you should not exceed 52 meals per year. Additionally, be aware that eating fish from a "One Meal per Month" group is comparable to eating four fish meals from the "One Meal a Week" group.

It is important to follow the fish consumption advice in the table on the inside of this brochure and Michigan's 1997 Fish Advisory to protect your health. To get copies of the 1997 Michigan Fish Advisory, please call 1-800-648-6942. To get copies of this supplementary advisory, please call USEPA at 1-800-621-8431. This supplementary advisory is also available on the Internet at <http://www.epa.gov/region5/fish/>.

SPECIFIC ADVISORIES FOR GREAT LAKES WATERS

-  One Meal Per Week (52 Meals per Year) - No one should eat more than one meal per week.
-  One Meal Per Month (12 Meals per year) - No one should eat more than one meal per month.
-  One Meal Per Month (12 Meals per year) - No one should eat more than one meal per month, however, the Michigan Department of Community Health recommends that women of childbearing age and children should not consume any of these fish.
-  One Meal Every 2 Months (6 Meals per Year) - No one should eat more than one meal every 2 months.
-  One Meal Every 2 Months (6 Meals per year) - No one should eat more than one meal every 2 months, however, the Michigan Department of Community Health recommends that women of childbearing age and children should not consume any of these fish.
-  Do Not Eat - No fish should be eaten in this category. This advice is also provided by the Michigan Department of Community Health

| MICHIGAN GREAT LAKES WATERS | | | | | | | | | | | |
|-----------------------------|-----------------|-------------|-----------------|------|-------|-------|-------|-------|-------|-------|------|
| | | | LENGTH (INCHES) | | | | | | | | |
| WATERBODY | SPECIES | CONTAMINANT | 6-8 | 8-10 | 10-12 | 12-14 | 14-18 | 18-22 | 22-26 | 26-30 | 30 + |
| LAKE SUPERIOR | COHO SALMON | PCBs | | | | | | | | | |
| | CHINOOK SALMON | PCBs | | | | | | | | | |
| | LAKE WHITEFISH | PCBs | | | | | | | | | |
| | LAKE HERRING | PCBs | | | | | | | | | |
| | CISCOWET | PCBs | | | | | | | | | |
| | LAKE TROUT | PCBs | | | | | | | | | |
| | BROWN TROUT | PCBs | | | | | | | | | |
| LAKE MICHIGAN | COHO SALMON | PCBs | | | | | | | | | |
| | CHINOOK SALMON | PCBs | | | | | | | | | |
| | RAINBOW TROUT | PCBs | | | | | | | | | |
| | BROWN TROUT | PCBs | | | | | | | | | |
| | YELLOW PERCH | PCBs | | | | | | | | | |
| | SMELT | PCBs | | | | | | | | | |
| N. OF FRANKFORT | LAKE TROUT | PCBs | | | | | | | | | |
| | LAKE WHITEFISH | PCBs | | | | | | | | | |
| S. OF FRANKFORT | LAKE TROUT | PCBs | | | | | | | | | |
| | LAKE WHITEFISH | PCBs | | | | | | | | | |
| LAKE HURON | COHO SALMON | PCBs | | | | | | | | | |
| | CHINOOK SALMON | PCBs | | | | | | | | | |
| | LAKE TROUT | PCBs | | | | | | | | | |
| | BROWN TROUT | PCBs | | | | | | | | | |
| | WHITEFISH | PCBs | | | | | | | | | |
| THUNDER BAY | WALLEYE | PCBs | | | | | | | | | |
| SAGINAW BAY | WALLEYE | PCBs | | | | | | | | | |
| | WHITE PERCH | PCBs | | | | | | | | | |
| LAKE ERIE | COHO SALMON | PCBs | | | | | | | | | |
| | RAINBOW TROUT | PCBs | | | | | | | | | |
| | SMALLMOUTH BASS | PCBs | | | | | | | | | |
| | WHITE PERCH | PCBs | | | | | | | | | |
| | WALLEYE | PCBs | | | | | | | | | |
| | DRUM | PCBs | | | | | | | | | |
| | LAKE TROUT | PCBs | | | | | | | | | |
| | LAKE WHITEFISH | PCBs | | | | | | | | | |
| | WHITE BASS | PCBs | | | | | | | | | |